

Purpose The MDQ is a 13-item questionnaire designed to screen for bipolar spectrum disorders using DSM-IV criteria [1]. Items refer to a variety of manifestations of mania, including hyperactivity, irritability, sleeping behavior, concentration, activity levels, and risky behavior.

Population for Testing The scale was initially validated in a population of psychiatric clinic outpatients aged 18–80 years, and has since been employed in a sample of the general population as well.

Administration The scale is a self-report, paper-and-pencil measure requiring 3–5 min for completion.

Reliability and Validity In an initial psychometric evaluation of the scale, Hirschfeld and colleagues [1] administered both a diagnostic interview and the MDQ by telephone and found

an internal consistency of .90. Researchers chose a cutoff score of 7, which provided a sensitivity of .73 and a specificity of .90. In a follow-up study, the scale was evaluated as a measure for screening within the general population. Hirschfeld and colleagues [2] found an internal consistency of .84, a sensitivity of .28, and a specificity of .97.

Obtaining a Copy A copy of the scale can be found in the original article published by developers [1].

Scoring Each item describes a symptom or behavior characteristic of mania (e.g., racing thoughts, increased energy) and asks respondents to indicate whether there has been a period in their life when they have experienced these issues. A response of “yes” is scored as a positive indication of a bipolar spectrum disorder. Hirschfeld and colleagues [1] recommend a cutoff score of seven for screening purposes.

1.	Has there ever been a period of time when you were not your usual self and...	YES	NO
	...you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?		
	...you were so irritable that you shouted at people or started fights or arguments?		
	...you felt much more self-confident than usual?		
	...you got much less sleep than usual and found you didn't really miss it?		
	...you were much more talkative or spoke faster than usual?		
	...thoughts raced through your head or you couldn't slow your mind down?		
	...you were so easily distracted by things around you that you had trouble concentrating or staying on track?		
	...you had much more energy than usual?		
	...you were much more active or did many more things than usual?		
	...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?		
	...you were much more interested in sex than usual?		
	...you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?		
	...spending money got you or your family into trouble?		
2.	If you checked YES to more than one of the above, have several of these ever happened during the same period of time? <i>Please circle one response only.</i> <div style="display: flex; justify-content: space-around;"> YES NO </div>		
3.	How much of a problem did any of these cause you—like being unable to work; having family, money, or legal troubles; getting into arguments or fights? <i>Please circle one response only.</i> <div style="display: flex; justify-content: space-around;"> No problem Minor problem Moderate problem Serious problem </div>		

References

1. Hirschfeld, R. M., Williams, J. B., Spitzer, R. L., Calabrese, J. R., Flynn, L., Keck, P. E., Lewis, L., McElroy, S. L., Post, R. M., Rappaport, D. J., Russell, J. M., Sachs, G. S., & Zajecka, J. (2000). Development and validation of a screening instrument for bipolar spectrum disorder: the mood disorder questionnaire. *American Journal of Psychiatry*, 157, 1873–1875.
2. Hirschfeld, R. M., Holzer, C., Calabrese, J. R., Weissman, M., Reed, M., Davies, M., Frye, M. A., Keck, P., McElroy, S., Lewis, L., Tierce, J., Wagner, K. D., & Hazard, E. (2003). Validity of the mood disorder questionnaire: a general population study. *American Journal of Psychiatry*, 160(1), 178–180.

Representative Studies Using Scale

Kripke, D. F., Rex, K. M., Ancoli-Israel, S., Nievergelt, C. M., Klimecki, W., & Kelsoe, J. R. (2008). Delayed sleep phase cases and controls. *Journal of Circadian Rhythms*, 6(6), 6–6.